

*"It's been
like joining a
social club."*

Volunteers All 'Fore' The Crossings

The Crossings at Carlsbad golf course offers players 6,835 yards of great golf and challenging greens. Replete with narrow fairways, remarkable elevation changes and ocean views on many greens, the course is also a favorite place for golf enthusiasts to volunteer.

Volunteers provide exemplary customer service to all guests arriving at The Crossings. Greeters welcome guests and take their clubs to the staging area. Shuttle drivers shuttle guests to and from the driving range and practice facilities. Player Assistants help players find errant balls, repair divots and assist with the pace of play.



FRED GATES

Volunteer Joe Ventimiglia advises players to "stay right of the greenside bunkers on hole number 10. If you are left of them, the ball will bounce left and drop into the canyon."

Joe reveals, "At first I only planned to volunteer for about 6 months." Soon after, he decided to stay on indefinitely. He cites the many added benefits that led to his decision to stay:

- Getting exercise
- Enjoying the outdoors
- Meeting new people

Joe's enthusiasm for what he does is clear. "It's been like joining a social club," he says. "I even stay in touch with people who have moved on." Joe encourages others

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THE CROSSINGS AT CARLSBAD

To volunteer at The Crossings, contact Sue Irey at Sue.Irey@Carlsbadca.gov or 760-434-2929.

**For more information about
The Crossings at Carlsbad, go to
www.thecrossingsatcarlsbad.com**



FRED GATES

Gary Davis, left, and Jim Sounart greet a golfer at The Crossings.

The Hidden Benefits of Good Deeds

While it may be accepted wisdom that those who give of themselves also receive, a growing body of research indicates that volunteering also results in better health. According to the Corporation for National and Community Service, people who volunteer 100 hours of service per year can achieve healthier, happier lives than those who do not.

Several studies suggest that the causal pathway may stem from lower stress and a helper's high.

These natural, healthy benefits may include:

- Reduced risk for depression
- Lower mortality rates
- Increased longevity
- Greater functional ability later in life
- Increased sense of accomplishment and purpose
- Less incidence of heart disease

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"Hide not
your talents.

They for use
were made.

What's a
sundial in
the shade?"

— Benjamin Franklin

Good Deeds, from front



Volunteering
results in better
health.

A study of the data from an *Americans' Changing Lives* survey found a positive relationship between volunteering and better health among adults over the age of 60, including higher levels of self-reported health and physical functioning, and lower levels of depression.

Further, evidence indicates that those who volunteer at an earlier stage in life are less likely to suffer from ill health later in life, thereby offering up the possibility that the best way to prevent poor health in the future is to volunteer.

You are already volunteering. See how smart (and healthy) you are?

Volunteer Opportunities

Wild West Fest

Saturday, May 15, 10:30 a.m. – 2:30 p.m.

Leo Carrillo Ranch Historic Park

6200 Flying L.C. Lane

Leo Carrillo Ranch Historic Park is the stage for a re-creation of the days of the "Wild West," when cowboys ruled. Volunteer at the trading post, with the bucking bronco in the Fun Zone, or help young cowpokes make a cowboy hat to take home. Contact Natalie at Natalie.Alegre@Carlsbadca.gov or 760-602-7511.

Senior Center Computer Room

Answer questions posed by computer users in the computer room at the Senior Center. Choose a couple of hours you have free every week and be the computer guru for those who are learning the intricacies of the Internet and computer world. Contact Sue at Sue.Irey@Carlsbadca.gov or call 760-434-2929.

Library Learning Center Greeter

Looking for a quiet opportunity? Enjoy a book or your own tunes as you wait to unlock the Library Learning Center for learners and tutors on Wednesday mornings from 8:50-11 a.m. Contact Carrie at Carrie.Scott@Carlsbadca.gov or 760-931-4515.

Carlsbad News for You

What to do with things when you are done with them.

Books

Any Carlsbad City Library location is pleased to accept books, magazines and audiovisual materials that are in very good condition. Materials that cannot be used will be donated to the Friends of the Carlsbad Library to sell in their bookstore and book sales. The next book sale will be held at Cole Library on Saturday, May 1 and Sunday, May 2.

FREE HOUSEHOLD HAZARDOUS WASTE DROP-OFF LOCATIONS

2880 Industry Street, Oceanside
Alternating Saturdays, 9 a.m. – 1 p.m.
By appointment only: 760-929-9400

1145 East Taylor Street, Vista
Saturdays, 9 a.m. – 3 p.m.
No appointment needed: 800-444-4244
E-waste also accepted

Bulky Items

Waste Management picks up bulky items, such as couches or appliances, five times per year at no cost to residents. The next bulky item pickup

will be on June 26. Call Waste Management at 760-929-9400 to make the required reservation between June 7 and 14, or go online to <http://northcounty.wm.com/bulkypickup1.asp>.

The Crossings, from front



Driving the shuttle cart is one of Johnna Tomke's volunteer duties.

to consider volunteering at The Crossings. According to Golf Volunteer Coordinator, Dave Middleditch, each volunteer does two 6-8 hour shifts per week and in return receives free golf and other rewarding benefits. Dave seconded Joe's encouragement, saying "It's probably the best deal around."



CITY OF
CARLSBAD

Volunteer Resources

www.VolunteerinCarlsbad.net

To expand your volunteer involvement citywide, contact Sue Irey, Volunteer Coordinator
Sue.Irey@Carlsbadca.gov or 760-434-2929